

# CONCORDIA UNIVERSITY



## STINGER SPORTS

April 11, 1988

### CONCORDIA PROFESSOR GARNERS HEALTH & FITNESS AWARD FOR IOCC

Dr. Randy Swedburg who implemented the Employee Health and Lifestyle program of the Iron Ore Company of Canada (IOCC) accepted the prestigious National Employee Health and Fitness Award on behalf of the IOCC March 23, 1988.

The Honourable Otto Jelinek, Minister of State (Fitness and Amateur Sport), and John D. Herrick, Chairman of the board for the Canadian Chamber of Commerce made the presentation to Dr. Swedburg and the IOCC in Vancouver.

Dr. Swedburg had guided the IOCC program since 1984. His initial research results were so impressive that a company-wide Health and Fitness program was launched in 1987. Dr. Swedburg's IOCC program is recognized across Canada and has helped employees and their families establish positive lifestyle habits through weight control, smoking cessation, stress management, back care, improved nutrition and cardiovascular fitness.

Fitness Canada and the Canadian Chamber of Commerce have combined forces to promote wellness in the workplace.

"Companies can benefit from reduced absenteeism, fewer accidents, a lower turnover rate and greater productivity", states Swedburg. "It's rewarding to see Quebec companies more involved in these types of programs."